Article Side

Diabetic Vitamins for Type 1 and Type 2 Diabetes

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Diabetes created a global impact. It does come in line with deadly diseases scaring people around the world. Having acquired the does not mean that the world will stop revolving but rather it must be the start of the change within oneself.

Diabetes type 1 is called juvenile diabetes. It is disease from birth. The body is unable to produce insulin to aid in the breakdown of carbohydrates thus resulting to an increased blood sugar in the body. Diabetes type 2 on the other hand can be controlled by diet. It is a lifestyle disease and your change in lifestyle is the key to controlling this disease.

With type 2 being controlled, all you have to do is to choose the food you eat. There are available diabetic vitamins in the market for consumption. These vitamins help in lowering blood sugar.

Vitamin B complex is one of the diabetic vitamins you are supposed to take. It helps in the breakdown of carbohydrates, fats and protein resulting to a balance blood sugar levels in the body. Vitamin B12 as part of the complex family of Vitamin B helps in insulating myelin so as not to be scarred by electrical impulses running through the nerve cells. This process reduces the occurrence of nerve damage among diabetic patients.

Vitamin D is also a part of diabetic vitamins. It is found also in the pancreas and is believed to have its part in increasing insulin levels making way for carbohydrates and complex sugars to be absorbed in the body after it is converted into glucose. This glucose is used as energy source to keep you going every day.

Another important vitamin under the umbrella of diabetic vitamins is vitamin c. one of the signs of diabetes is polyuria or excessive urination. Vitamin c works by replacing the protein loss during urination.

Vitamin D has significantly helped also in the fight against diabetes. It works and has a major part in the angiotensin conversion phase and sees to it that not all the nutrients from the body will be eliminated as urine. It is a regulator of blood pressure which is directly connected with the fluids going in and out of the body. Increased levels have been attributed to low blood sugar levels.

It is not a crime to resort to taking diabetic vitamins especially it is the one thing that can help you as you control this disease. Remember that vitamins are best taken from fruits and vegetables as these are absorbed by the body easily. If you want to take vitamin supplements, just do not forget to take a consultation on your doctor to guide you and help you with your queries and concerns.

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